

Spending Your Calorie Salary



Tips for Using MyPyramid

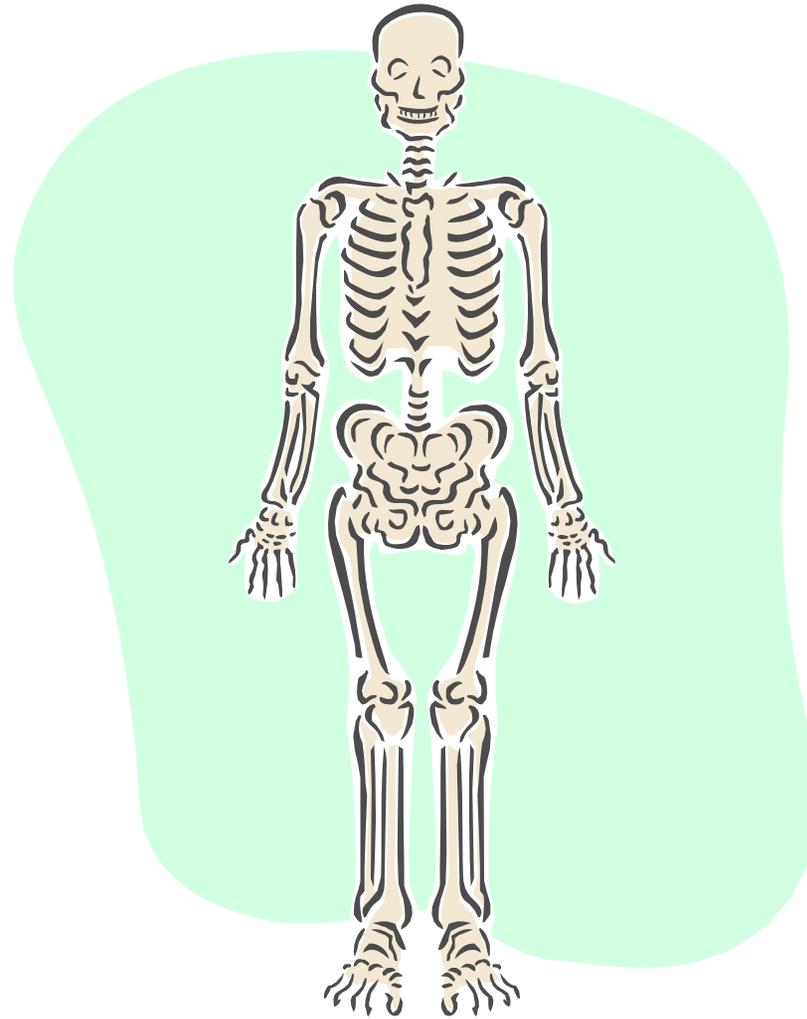
Changes in dietary recommendations



MyPyramid differs from previous Pyramid:

- Gives more specific guidelines about the **types** and **amounts** of foods to eat.
- Places more emphasis on physical activity.

A quick anatomy lesson



Anatomy of MyPyramid



USDA'S new MyPyramid symbolizes a simple, personalized approach to remind consumers to make healthy food choices and to be active every day.

Anatomy of MyPyramid: Activity

ACTIVITY

Represented by the
steps and the person
climbing them.



Anatomy of MyPyramid:

Moderation



MODERATION

- Each food group narrows toward the top.
- The base represents foods with little or no solid fats or added sugars, which should be selected more often.
- The narrower top stands for foods containing more sugars and solid fats. You can eat more of these if you're more active.

Anatomy of MyPyramid: Personalization

PERSONALIZATION

The person on the steps, slogan and URL stress finding the amount of foods **YOU** need daily.



Anatomy of MyPyramid:

Proportionality



PROPORTIONALITY

The different food group bands are shown by different widths. The widths are just a general guide to proportions.

Anatomy of MyPyramid: Variety

VARIETY

The 6 color bands represent the different food groups. This illustrates foods from all groups are needed daily.



Anatomy of MyPyramid: Gradual Improvement



GRADUAL IMPROVEMENT

The slogan suggests people can take small steps to improve diet and lifestyle each day.

Spending your “calorie salary”



- Think of MyPyramid dietary guidelines as a “calorie salary.”
- Plan calories the same as major expenses — a car, house, vacation, etc.
- 5 “budgeting” steps follow...

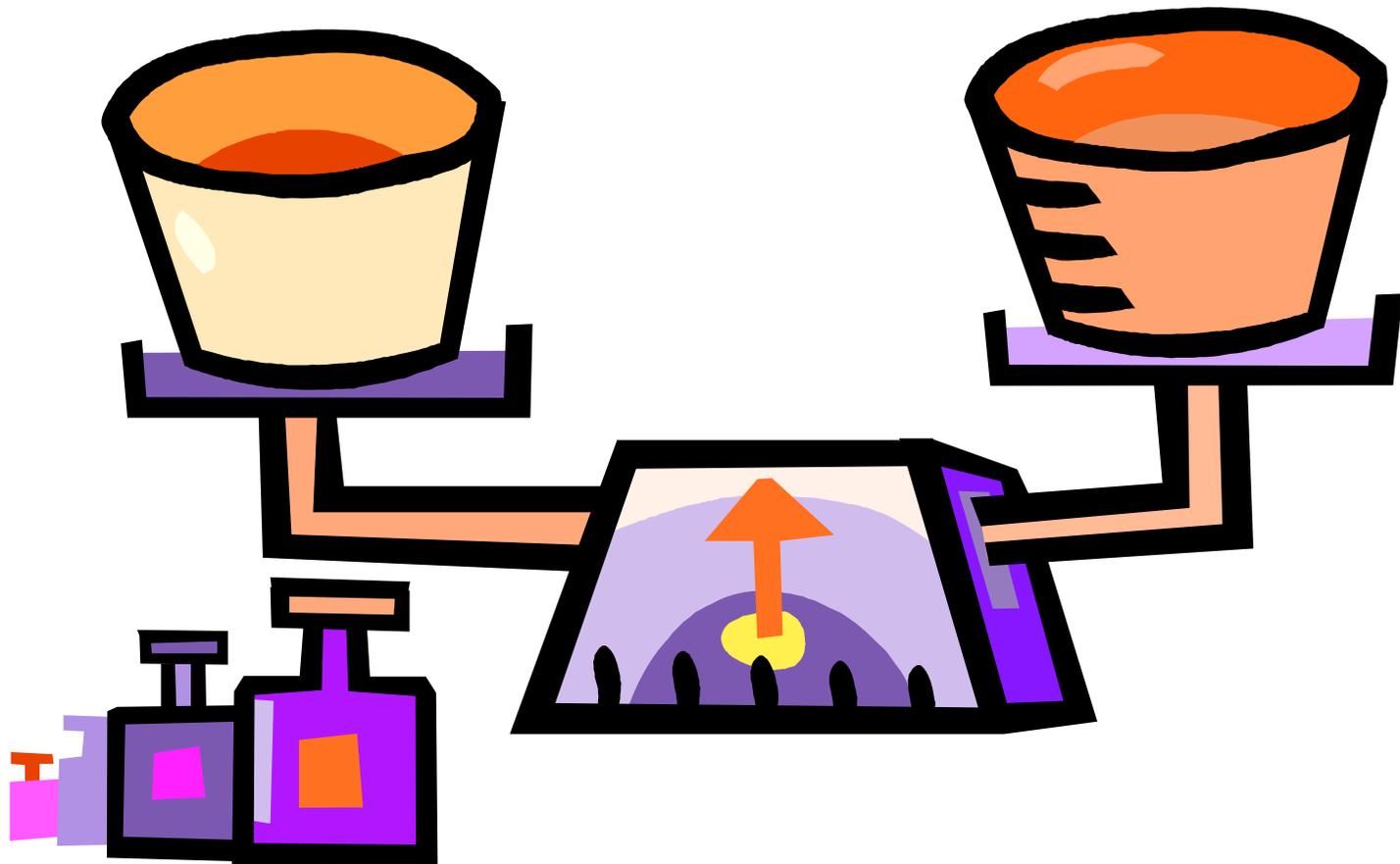
5 budgeting steps

- 1. Stay within your budget**
- 2. Consider “true cost” of poor nutrition**
- 3. Choose the most value for calorie salary**
- 4. Spend on “extras” after the necessities are purchased**
- 5. Plan a budget for YOU**

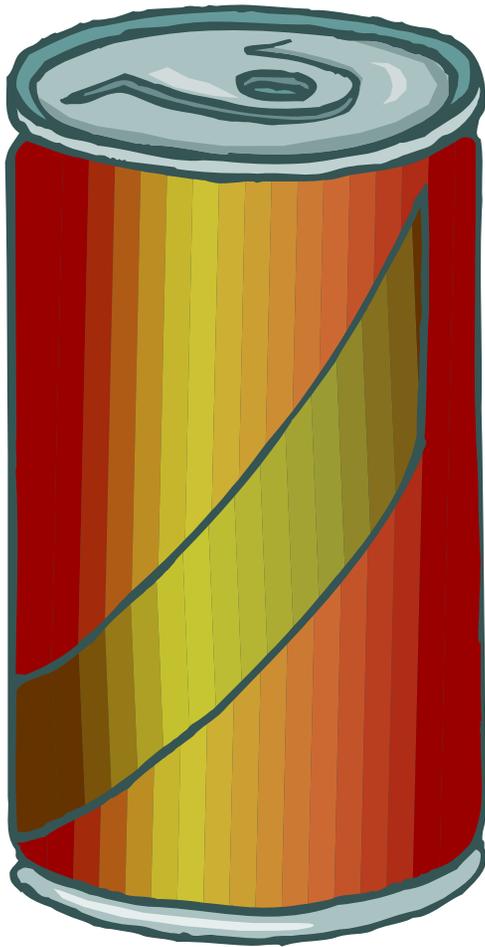
\$tep 1. Stay within your budget

100 extra calories
per day

10 pound
weight gain per year



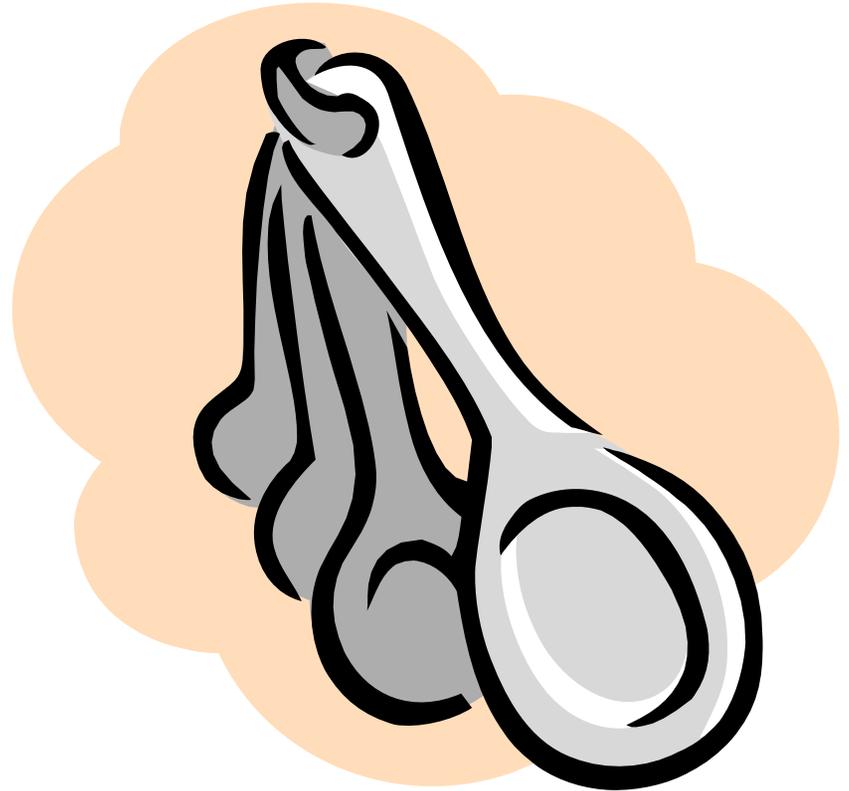
Examples of 100 calories



$\frac{2}{3}$ can of a regular
soft drink or beer

Examples of 100 calories

- **2 tablespoons maple syrup**
- **1 tablespoon butter or margarine**
- **2 tablespoons jelly or jam**



Examples of 100 calories



10 large jelly beans (1 ounce)

Learn how much and what to eat for YOUR calorie level at MyPyramid.gov

USDA United States Department of Agriculture MyPyramid.gov

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Subjects

- ▶ My Pyramid Plan
- ▶ Inside the Pyramid
- ▶ Tips & Resources
- ▶ Dietary Guidelines
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- ▶ Related Links

Steps to a Healthier You



My Pyramid Plan

Age: Sex: [Select] ▼

Physical Activity:
Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

[Select] ▼

SUBMIT

One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

- Make smart choices from every food group,
- Find your balance between food and physical activity, and

Tip of the Week
MyPyramid: Do it for you. Make one small change each day for a healthier you.

Submit age, sex and activity level for a personalized MyPyramid

Calculation results are personalized

Search MyPyramid.gov

Go

Subjects

- ▶ My Pyramid Plan
- ▶ Inside the Pyramid
- ▶ Tips & Resources
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My Pyramid Plan

Based on the information you provided and the average needs for your age, gender and physical activity (**Age: 58, Sex: female, Physical Activity: 30 to 60 Minutes**), your results indicate that you should eat these amounts from the following food groups daily.

Your results are based on a 1800 calorie pattern*.

▶ Grains ¹	6 ounces	tips
▶ Vegetables ²	2.5 cups	tips
▶ Fruits	1.5 cups	tips
▶ Milk	3 cups	tips
▶ Meat & Beans	5 ounces	tips

Click the food groups above to learn more.

1 Make Half Your Grains Whole

Aim for at least 3 whole grains a day

2 Vary Your Veggies

Aim for this much every week:

Dark Green Vegetables = 3 cups weekly
Orange Vegetables = 2 cups weekly
Dry Beans & Peas = 3 cups weekly
Starchy Vegetables = 3 cups weekly
Other Vegetables = 6 1/2 cups weekly

Oils & Discretionary Calories

Aim for 5 teaspoons of oils a day

Limit your extras (extra fats & sugars) to 195 Calories

*This calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your calorie intake.



View, Print & Learn More:

- ▶ [Click here to view and print a PDF version of your results.](#)
- ▶ [Click here to view and print a PDF of a helpful Meal Tracking Worksheet.](#)
- ▶ [For a more detailed assessment of your diet quality and physical activity go to the My Pyramid Tracker.](#)

You will need the free [Adobe Acrobat Reader](#) plug-in to view and print the above PDF files.

More
information
available



Sample meal tracking worksheet: 2000 calories



MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

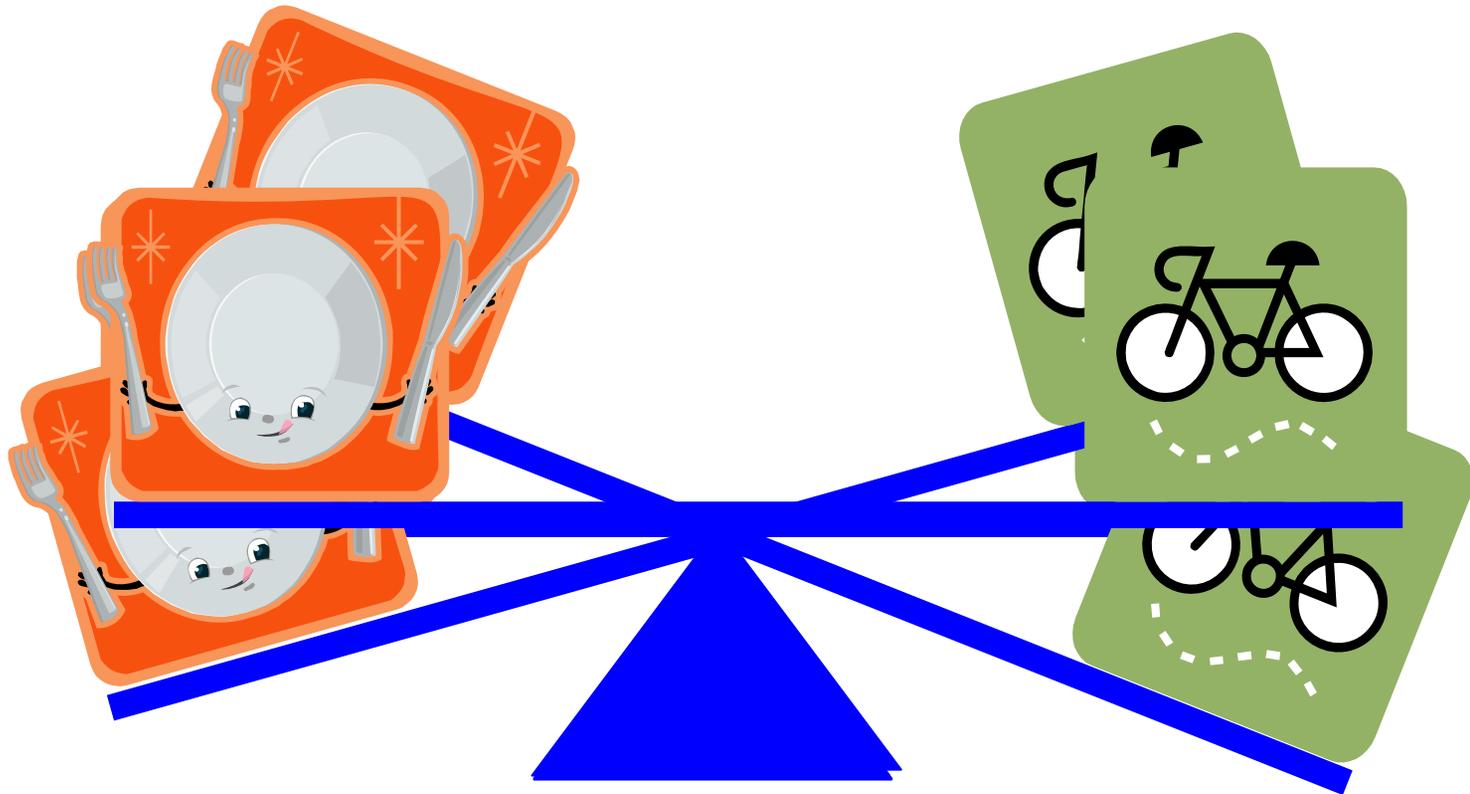
Write in Your Choices for Today	Food Group	Tip	Goal	List each food choice in its food group*	Estimate Your Total
_____ _____ _____ _____	GRAINS 	Make at least half your grains whole grains	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup rice or pasta)	_____ _____ _____	_____ ounce equivalents
_____ _____ _____ _____	VEGETABLES 	Try to have vegetables from several subgroups each day	2 ½ cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	_____ _____ _____	_____ cups
_____ _____ _____ _____	FRUITS 	Make most choices fruit, not juice	2 cups	_____ _____ _____	_____ cups
_____ _____ _____ _____	MILK 	Choose fat-free or low fat most often	3 cups (1 ½ ounces cheese = 1 cup milk)	_____ _____ _____	_____ cups
_____ _____ _____ _____	MEAT & BEANS 	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	5 ½ ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry or fish, 1 T. peanut butter, ½ ounce nuts, ¼ cup dry beans or peas)	_____ _____ _____	_____ ounce equivalents
_____ _____ _____ _____	PHYSICAL ACTIVITY 	Build more physical activity into your daily routine at home and work.	At least 30 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.	_____ minutes

How did you do today? Great So-So Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

Balance food calories with physical activity level

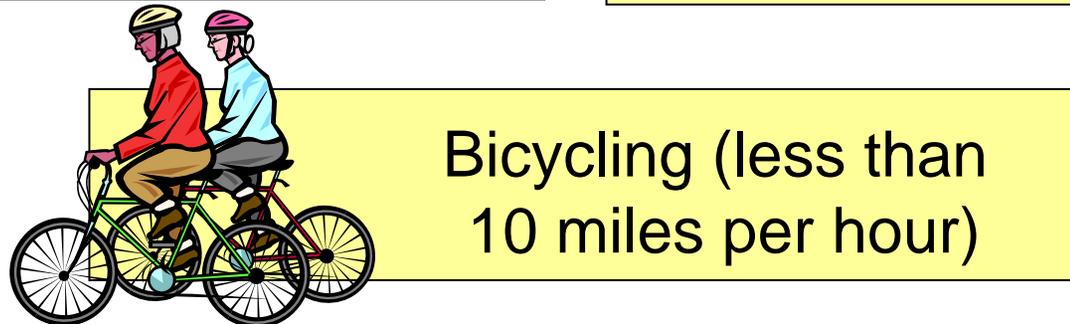
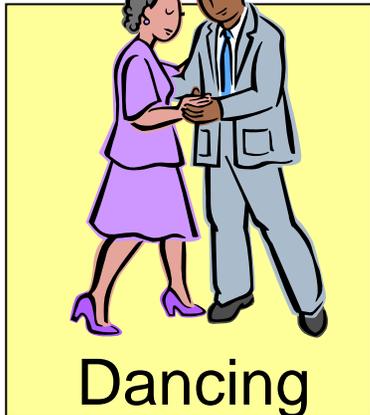
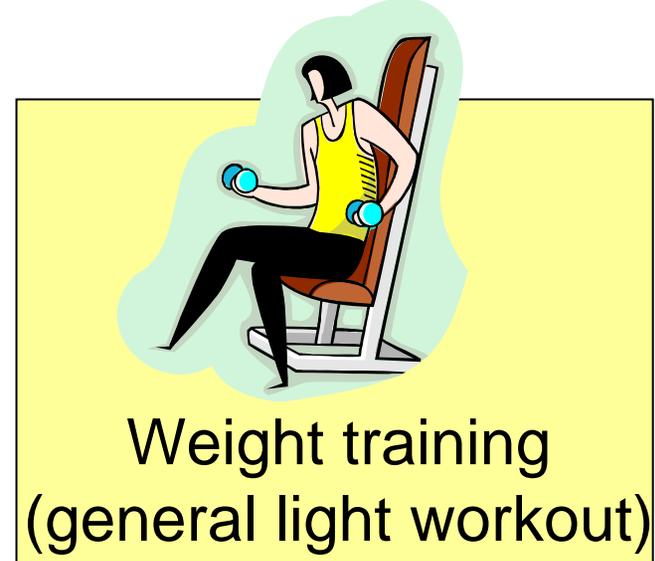
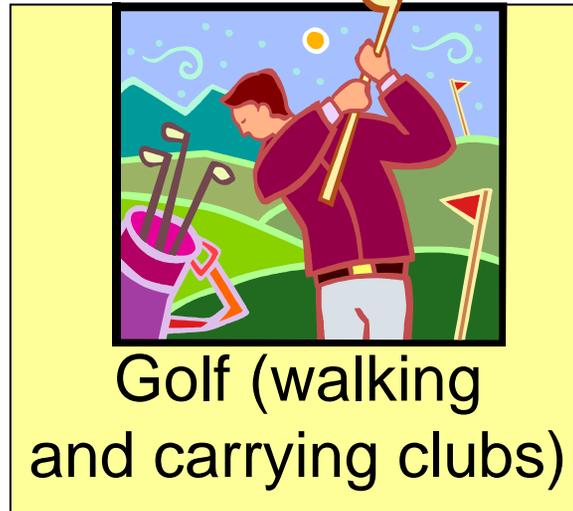
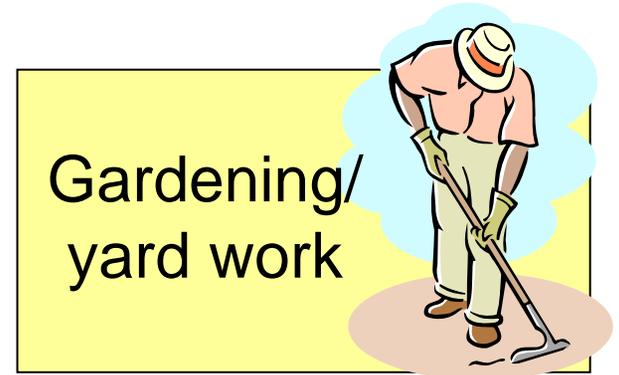
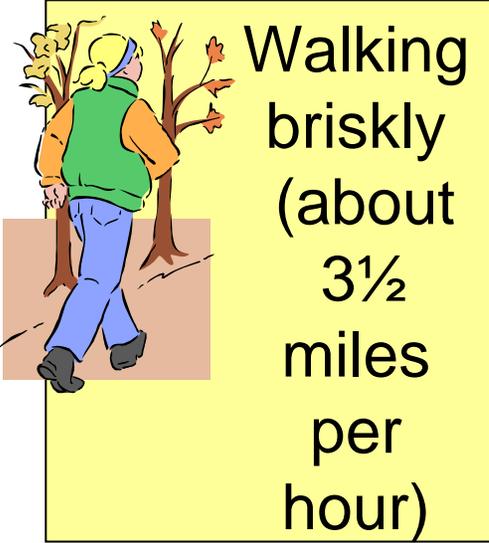


Physical activity recommended for MOST days of week

- **Adult recommendations vary by goal:**
 - **Reduce risk of chronic disease:** 30 minutes of moderate intensity
 - **Manage weight and prevent weight gain:** 60 minutes of moderate to vigorous activity
 - **Sustain a weight loss:** 60 to 90 minutes of moderate to vigorous activity
- **Children and teens: 60 minutes**



Moderate physical activities include:



Vigorous physical activities include:



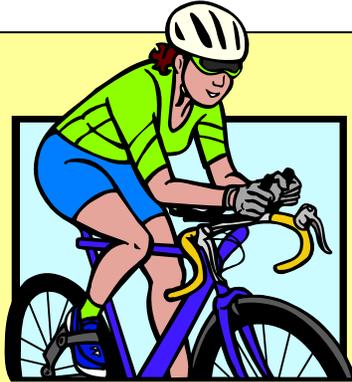
Swimming
(freestyle laps)



Heavy yard work,
such as chopping wood



Aerobics



Bicycling (more
than 10 miles
per hour)

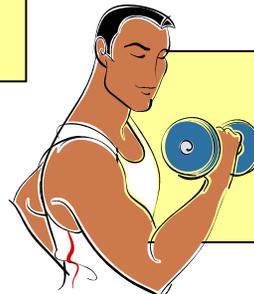


Basketball
(competitive)

Running,
jogging
(5 miles
per hour)



Walking very fast
(4½ miles per hour)

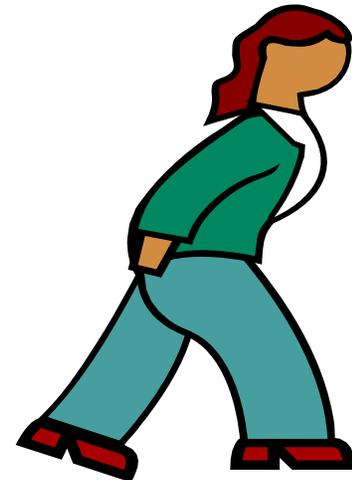


Weight lifting
(vigorous effort)

Ways to increase physical activity



Walk up and down the soccer or softball field sidelines while watching the kids play.



Ways to increase physical activity



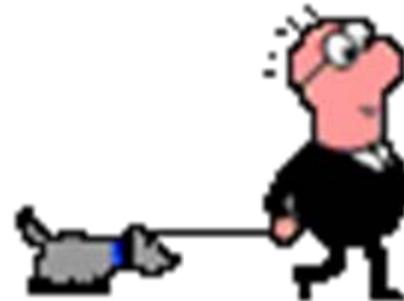
Replace a coffee break
with a brisk walk.

Ask a friend to go with you.



Ways to increase physical activity

Walk the dog
— don't just
watch the dog
walk.



Most important – have fun while being active!

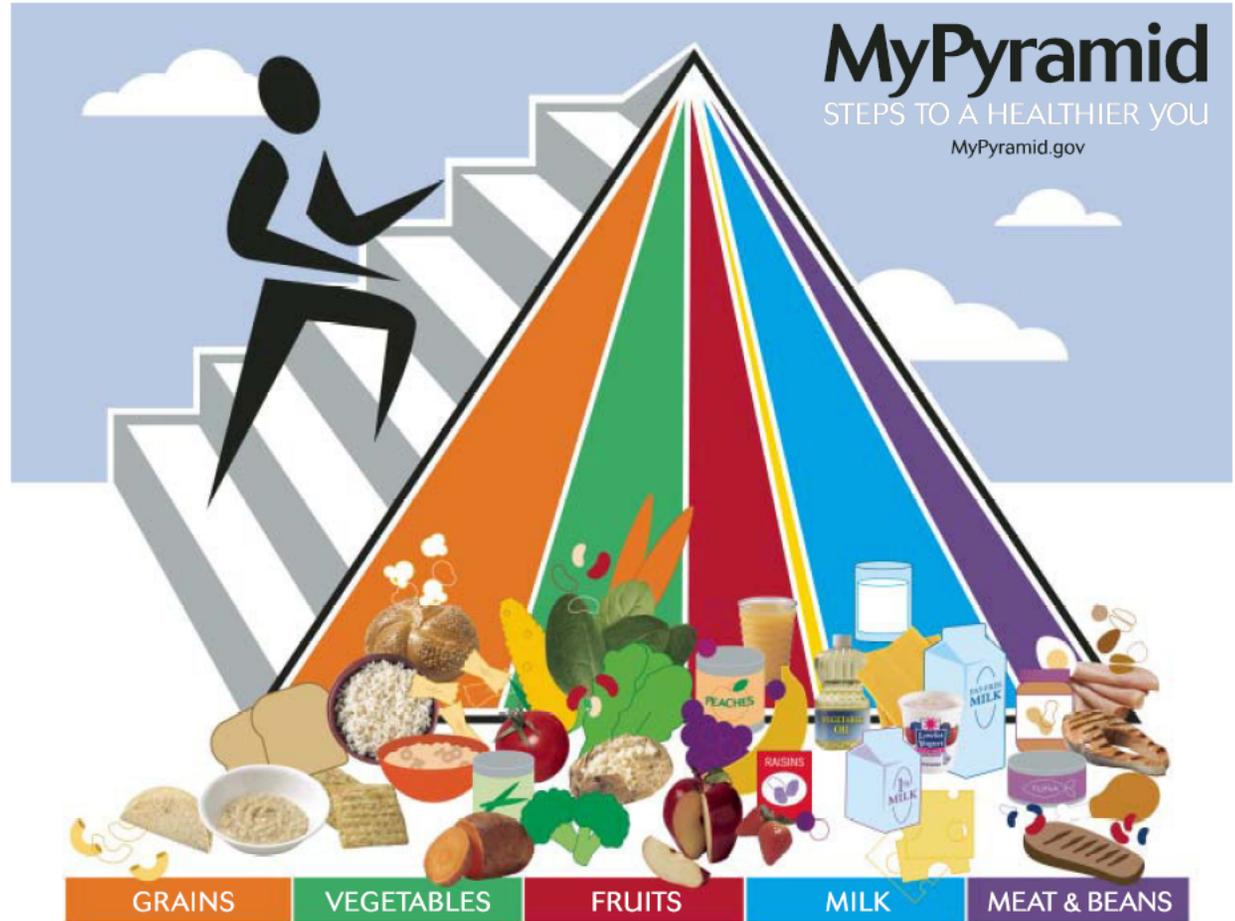


5 budgeting steps

- 1. Stay within your budget**
- 2. Consider “true cost” of poor nutrition**
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\$tep 2. Consider “true cost” of poor nutrition

What about
the cost in
dollars and
cents of
following
MyPyramid
guidelines?





Foods that do little to meet nutrient needs — even if they're within our calorie salary — can put our health AND MONEY at risk.

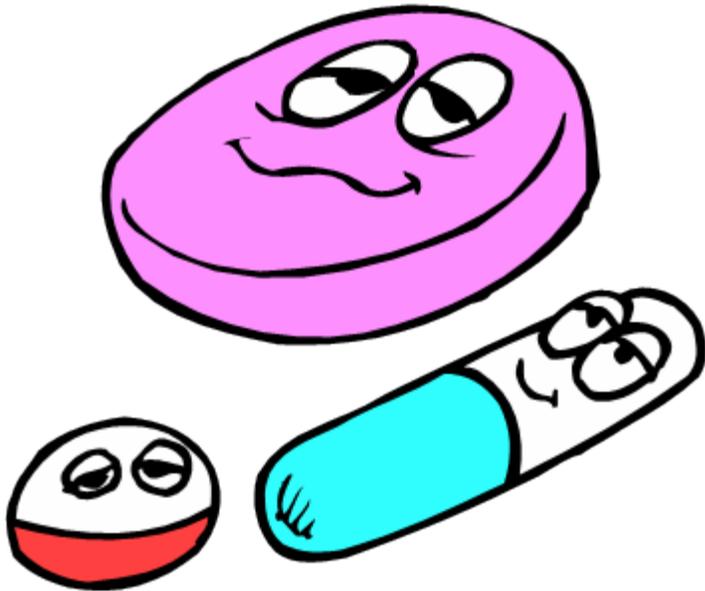
“Each year, over **\$33 billion** in medical costs and **\$9 billion** in lost productivity due to heart disease, cancer, stroke, and diabetes **are attributed to diet.**”



Healthy diets may help eliminate cost of medications for some people

Cost of pills/month*

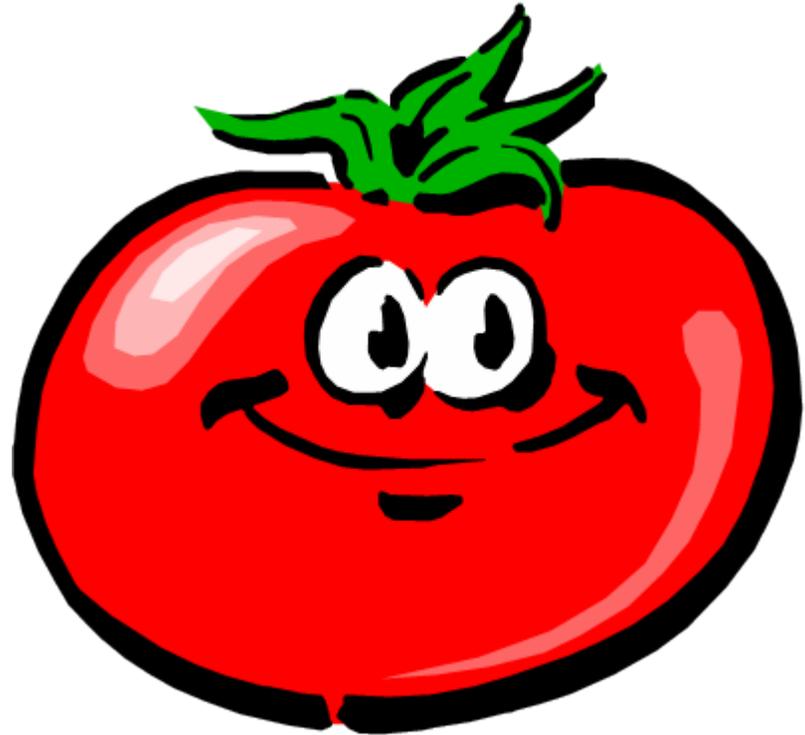
- High cholesterol
\$95 to \$100
- Diabetes
\$125 to \$150
- High blood pressure
\$40 to \$50



***Costs vary with the type of medication and may be more or less than these amounts.**

“Pills” vs. food: Ever see side effects listed on a food label?

- Dizziness
- Nausea
- Blurred vision
- Muscle cramps
- Headache
- Constipation
- Breathing difficulties
- Insomnia
- Decreased sex drive
- Tremors



Food tastes better, too!

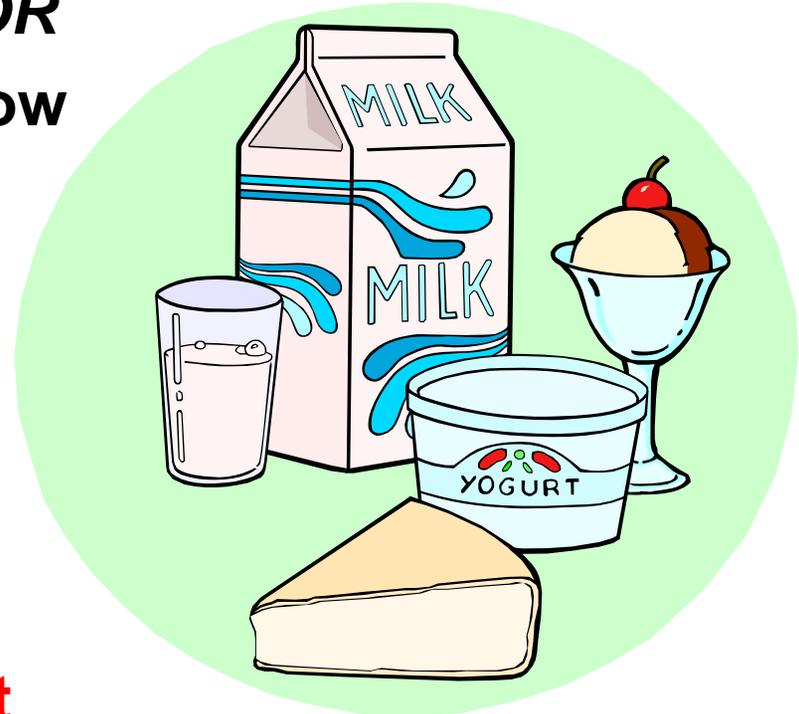
Supplements vs. food

Foods may contain additional substances and provide benefits not available from fortified foods, nutrient supplements and vitamin/mineral pills.

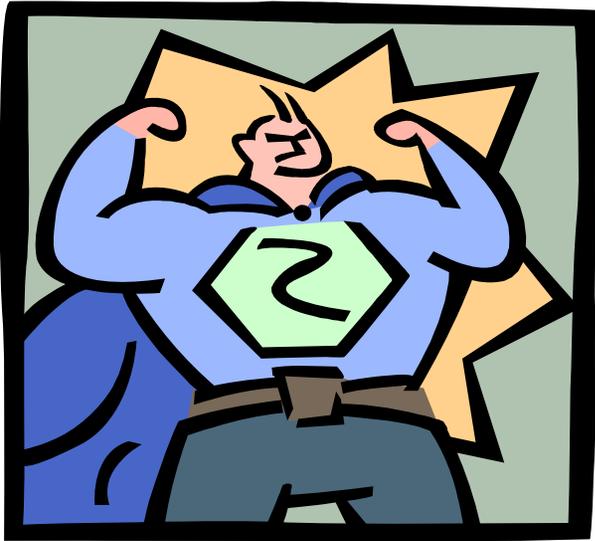


Foods may provide substances not found in pills – example:

- Individuals were placed on 1 of 3 diets:
 - Low in calcium and dairy, *OR*
 - Calcium supplements but low in dairy, *OR*
 - 3 daily dairy servings.
- Each person ate 500 calories less than their actual needs.
- **After 24 weeks, those on the high-dairy diet on average lost the greatest amount of body weight and fat.**



No single superhero food

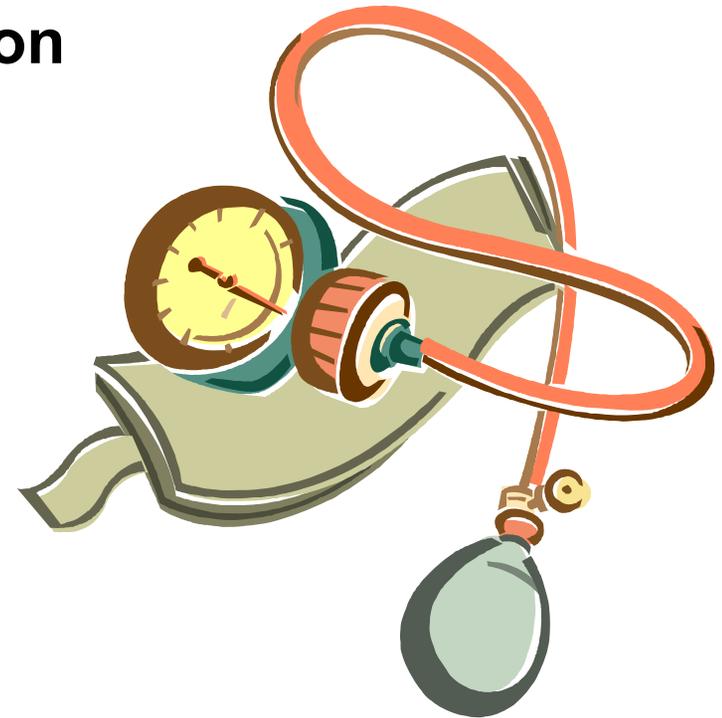


- **Many interactions occur among food constituents (such as fiber, nutrients, and phytochemicals) that affect disease risk.**
- **It is time to pay more attention to foods themselves, as packages of nutrients, and to overall dietary patterns.**

Importance of total diet

The “Dietary Approaches to Stop Hypertension” clinical study (DASH Eating Plan) showed ...

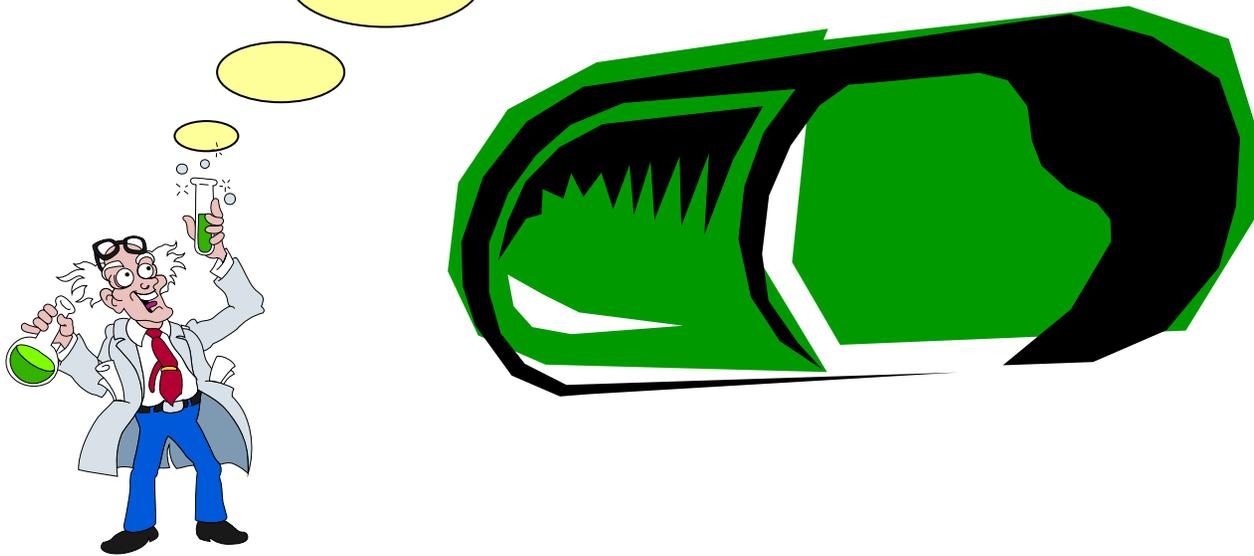
- **Fruit and vegetable consumption lowers blood pressure ...**
- **Adding low-fat, high-calcium foods to a diet high in fruits and vegetables further lowers blood pressure, and ...**
- **Even greater reductions occur when sodium intake is restricted**





If science could create a pill that gave us all the vitamins and minerals we need, the only problem would be ...

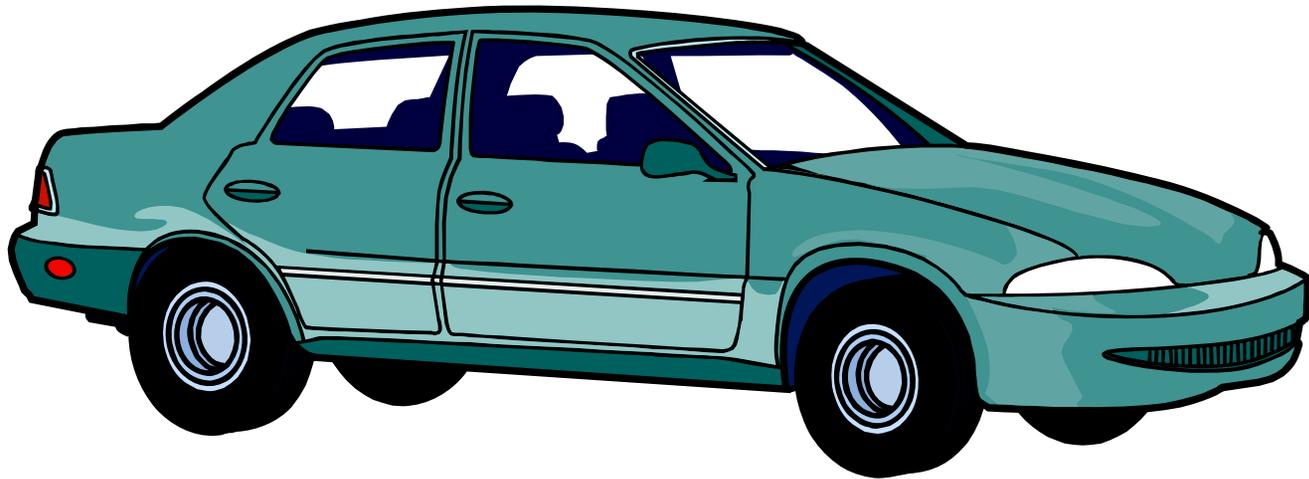
Swallowing it!



**Could you afford to care for
your car like you do your body?**



**Plus ... you can replace a
car with a new model!**



Food for thought: Can you eliminate a “latte factor”™ from your budget?

If a person saved just \$5 a day by forgoing a fancy latte and muffin (or something else equal to \$5) and invested it with a 10% annual return — in 41 years the total would be \$1,000,000!

~ The Automatic Millionaire



5 budgeting steps

- 1. Stay within your budget**
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- 3. Choose the most value for calorie salary**
- 4. Spend on “extras” after the necessities are purchased**
- 5. Plan a budget for YOU**

\$tep 3. Choose the most value for calorie salary

A great-looking car with a bad engine offers little value if it:

- **Wipes out our budget.**
- **Doesn't get us where we want to go.**

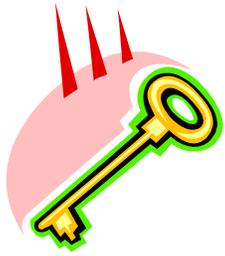




Make certain you get enough of these food groups

1. **Fruits**
2. **Vegetables**
3. **Whole grains**
4. **Dairy products**





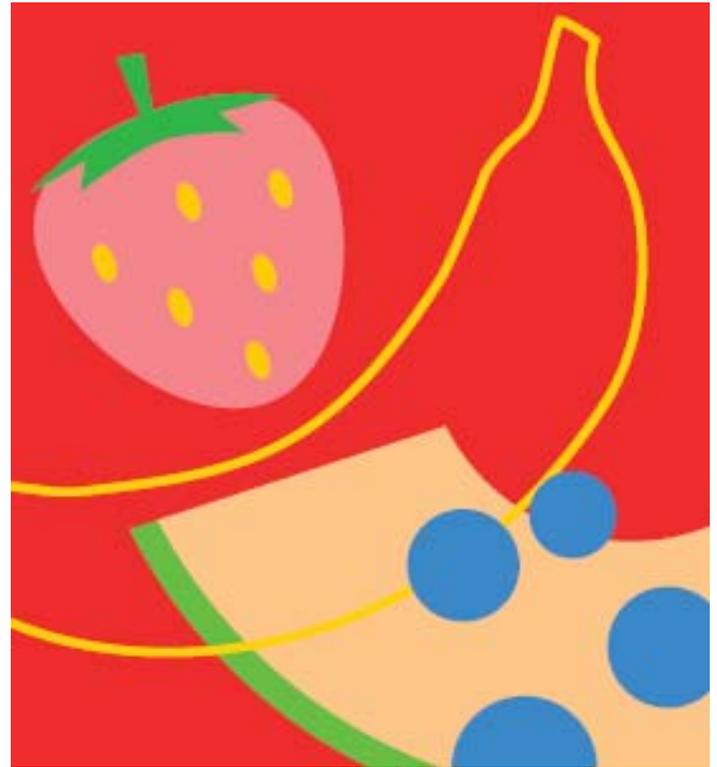
Recommendations 1 & 2: fruits and vegetables



- 1. Consume a sufficient amount of fruits and vegetables while staying within energy needs.**
- 2. Choose a variety of fruits and vegetables each day.**

Focus on fruits

- **Eat 2 cups of fruits per day (for a 2,000 calorie diet).**
- **Select fresh, frozen, canned, or dried fruit, rather than drinking fruit juice, for most of your fruit choices.**



Note this equivalent:

$\frac{1}{4}$ cup dried fruit = $\frac{1}{2}$ cup fruit

Vary your veggies



- **Eat 2½ cups of raw or cooked vegetables per day (for a 2,000 calorie diet).**
- **Select from all five vegetable SUBGROUPS several times a week.**

Note this equivalent:

2 cups raw leafy greens = 1 cup of vegetable

Subgroup 1: Dark green vegetables

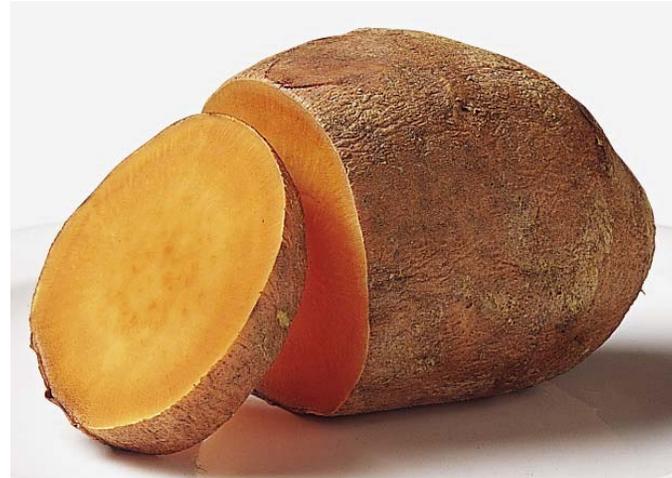
- **Broccoli**
- **Spinach**
- **Most greens —
spinach, collards,
turnip greens, kale,
beet, mustard
greens**
- **Green leaf and
romaine lettuce**



Subgroup 2. Orange vegetables



- **Carrots**
- **Sweet potatoes**
- **Winter squash**
- **Pumpkin**



Subgroup 3. Legumes

Dry beans and peas such as:

- **Pinto beans**
- **Kidney beans**
- **Black beans**
- **Garbanzo beans (chickpeas)**
- **Soybeans**
- **Split peas**
- **Lentils**



MyPyramid includes dry beans, peas and soybeans in the meats & beans group as well as the vegetable group; however, they count for only one food group at a time.

Subgroup 4. Starchy vegetables



- **White potatoes**
- **Corn**
- **Green peas**



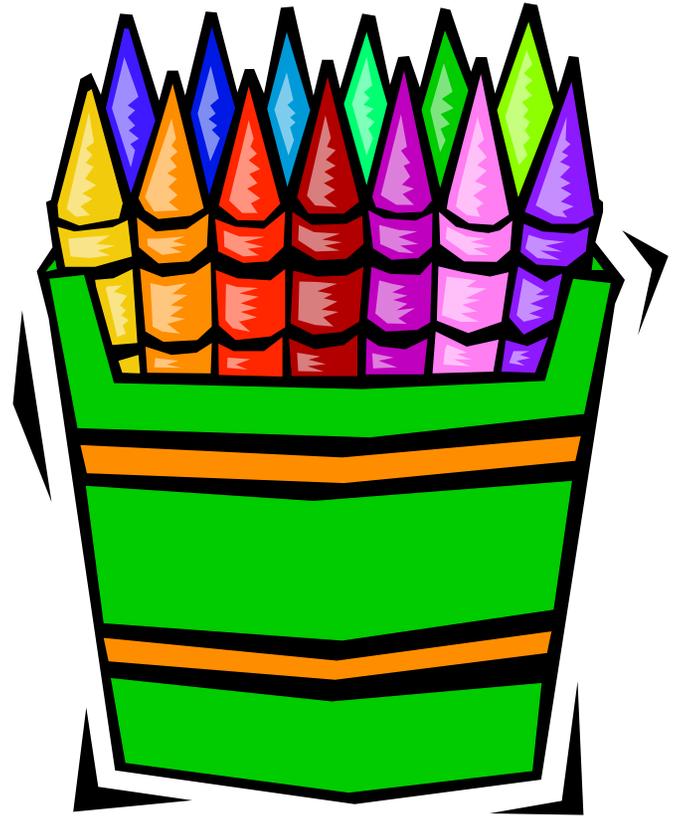
Subgroup 5. Other vegetables

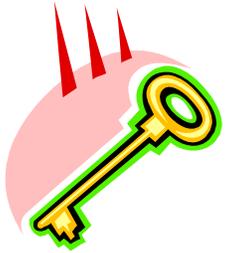
- Tomatoes
- Cabbage
- Celery
- Cucumber
- Onions
- Peppers
- Green beans
- Cauliflower
- Mushrooms
- Summer squash



**“For optimum health,
scientists say eat a
rainbow of colors. Your
plate should look like a
box of Crayolas.”**

*~Janice M. Horowitz,
TIME, January 12, 2002*





Recommendation 3: Grains



Eat six “1 ounce-equivalents” of grain products daily (for a 2,000 calorie diet):

- **Make at least half of grains whole grain.**
- **The rest of grains should come from enriched or whole grain products.**



Definition: 1 ounce-equivalent

In the **grains food group**, a “1 ounce-equivalent” is the amount of a food counted as equal to a 1 ounce slice of bread.

Equivalents:

- 1 slice bread
- ½ cup cooked pasta, cooked rice or cooked cereal
- 1 cup ready-to-eat cereal





Definition: Whole grains



- Foods made from the **entire grain seed** (usually called the kernel) which consists of:
 - Bran
 - Germ
 - Endosperm
- If the kernel has been cracked, crushed, or flaked, it must retain nearly the same relative proportions of bran, germ, and endosperm as original grain to be called whole grain.

Gains with whole grains

“Refined grains have been milled — the bran and germ are removed. This process also removes much of the B vitamins, iron, and dietary fiber.

...some refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to most enriched grains.”

http://www.pueblo.gsa.gov/cic_text/food/grain/train.pdf

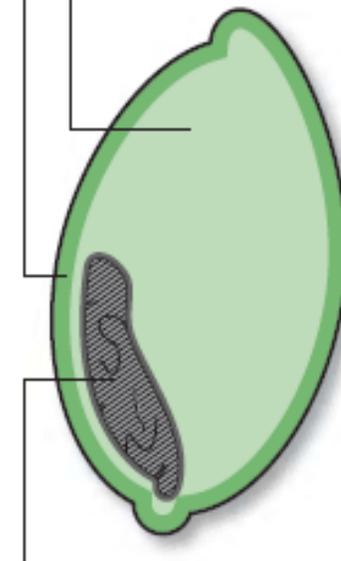
Whole grain kernel

Bran

“Outer shell” protects seed
Fiber, B vitamins, trace minerals

Endosperm

Provides energy
Carbohydrates, protein



Germ

Nourishment for the seed
Antioxidants, vitamin E, B vitamins

Examples of whole grains

- Whole wheat
- Whole oats/oatmeal
- Whole grain corn
- Popcorn
- Brown & wild rice
- Whole rye
- Whole grain barley
- Buckwheat
- Tritacale
- Bulgur (cracked wheat)
- Millet
- Quinoa
- Sorghum



Label reading and whole grains

Choose foods with a whole grain ingredient listed **first** on the label's ingredient list.

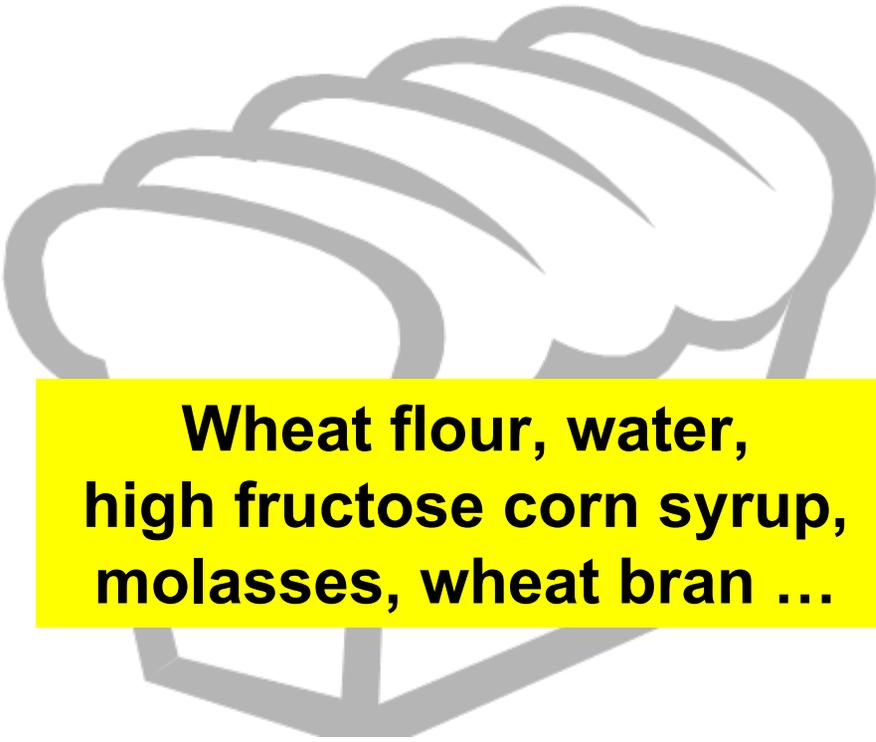
Ingredients are listed in descending order of weight (from most to least).



Which is the whole grain bread?

A

B



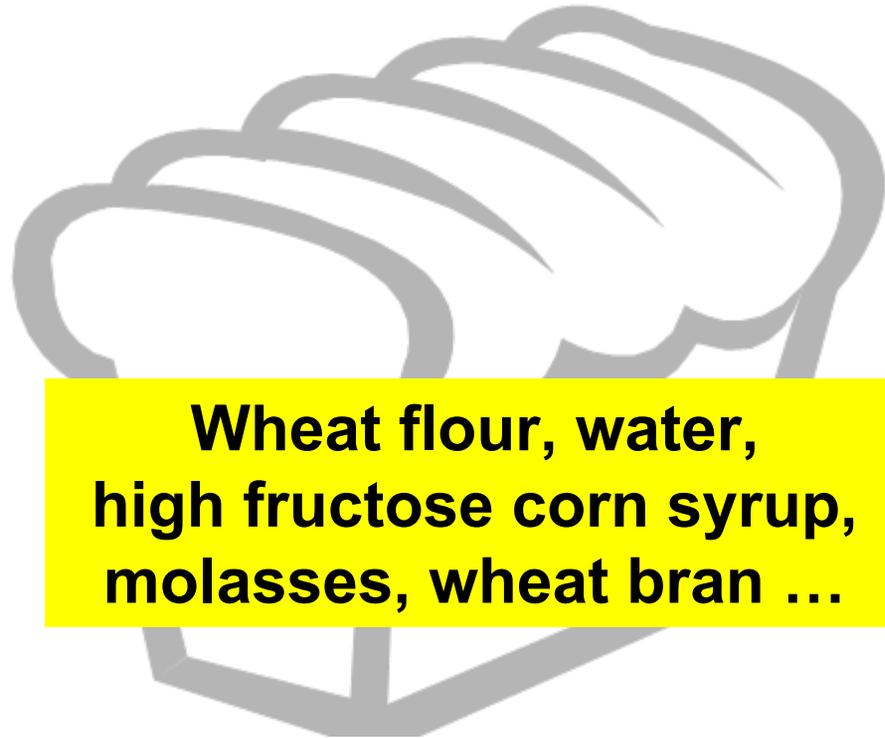
Wheat flour, water,
high fructose corn syrup,
molasses, wheat bran ...



Whole wheat flour, water,
brown sugar ...

Answer: B has WHOLE wheat as the first ingredient!

A



**Wheat flour, water,
high fructose corn syrup,
molasses, wheat bran ...**

B



**Whole wheat flour, water,
brown sugar ...**

Color and whole grains



- Color is not an indication of a whole grain.
- Bread can be brown because of molasses or other added ingredients.
- Read the ingredient list to see if grain is a **WHOLE** grain.

Wheat flour, water, high fructose corn syrup, molasses, wheat bran ...

“Nutrition Facts” label and grains

Nutrition Facts	
Serving Size 1 pretzel (about 25g)	
Servings Per Container 20	
Amount Per Serving	
Calories 90	Calories from Fat 0
<hr/>	
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	4%
Sugars less than 1g	
Protein 1g	
<hr/>	
Vitamin A *	Vitamin C *
Calcium *	Iron *
* Contains less than 2% of the Daily Value of these nutrients.	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

- Use “Nutrition Facts” label to help choose whole grain products with a higher % Daily Value (%DV) for fiber.
- The %DV for fiber is a good clue to the amount of whole grain in the product.

Which grain food is higher in fiber?

A

Honey Wheat

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

B

Oat Bran

Nutrition Facts

Serving Size 1 muffin
Servings Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Answer: **A** with 3 grams of fiber!

A



Nutrition Facts

Serving Size 1 muffin
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat	12g	18%
Saturated Fat	3g	15%
Cholesterol	30mg	10%
Sodium	470mg	20%
Total Carbohydrate	31g	10%
Dietary Fiber	3g	12%
Sugars	5g	

Protein 5g

Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

B



Nutrition Facts

Serving Size 1 muffin
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

% Daily Value*

Total Fat	12g	18%
Saturated Fat	3g	15%
Cholesterol	30mg	10%
Sodium	470mg	20%
Total Carbohydrate	31g	10%
Dietary Fiber	2g	8%
Sugars	5g	

Protein 5g

Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

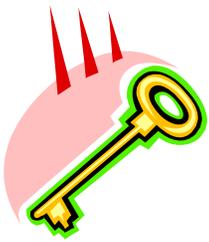
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Watch wording on grains!



Foods are usually not whole grain products if labeled with these words:

- **Multi-grain**
- **Stone-ground**
- **100% wheat**
- **Cracked wheat**
- **Seven-grain**
- **Bran**



Recommendation 4: Dairy



Consume 3 cups per day of **fat-free or low-fat** milk or equivalent milk products:

For children ages 2 to 8, it's 2 cups per day

For information about non-dairy sources of calcium, see MyPyramid.gov

Dairy products

Equivalents:

- 8 ounces milk (1 cup)
- 1 cup yogurt
- 1½ ounces natural or 2 ounces processed cheese



Photo: Courtesy of National Dairy Council®

More for your dollars with dairy!



Average sugar in one 12-ounce non-diet soft drink (10 teaspoons) **Calories: 150**

Skim Milk
 Serving Size 8 fl oz (240mL)
 Servings Per Container 2

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Vitamin A 8% • **Vitamin C 4%**
Calcium 30% • **Iron 0%** • **Vitamin D 25%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

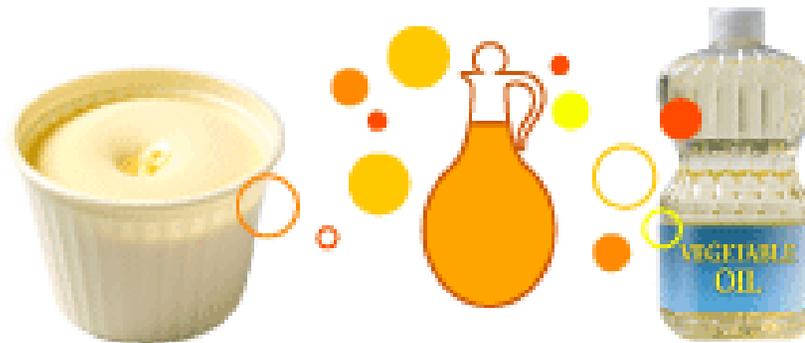
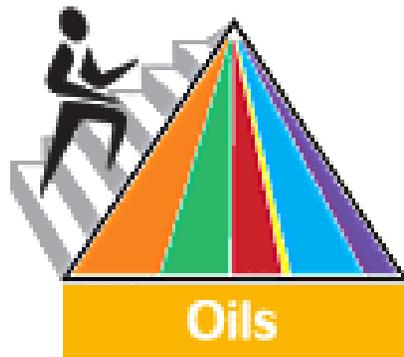
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For lactose intolerant

- Eat small portions of dairy foods; gradually increase amount.
- Combine dairy foods with other foods.
- Try non-milk dairy foods
 - Cheeses
 - Yogurt made with live, active bacteria
- Pre-digest lactose
 - Lactose-hydrolyzed milk
 - Commercial lactase preparations (capsules, chewable tablets, solutions)



Considerations: Other food groups



Go lean for protein

Choose lean meats and poultry. Bake it, broil it, or grill it. And vary your protein choices — with more fish, beans, peas, nuts, and seeds.

Eat 5½ ounces (or equivalent) of lean meat, poultry or fish (for a 2,000 calorie diet).





Definition: 1 ounce-equivalent

In the **meat & beans** group a “1 ounce-equivalent” is considered the following:

Equivalents:

- 1 ounce meat, poultry or fish
- ¼ cup cooked dry beans or peas
- 1 egg
- 1 tablespoon peanut butter
- ½ ounce of nuts or seeds





Definition: Oils

Oils are fats that are liquid at room temperature, such as vegetable cooking oils. Oils come from many different plants and from fish.

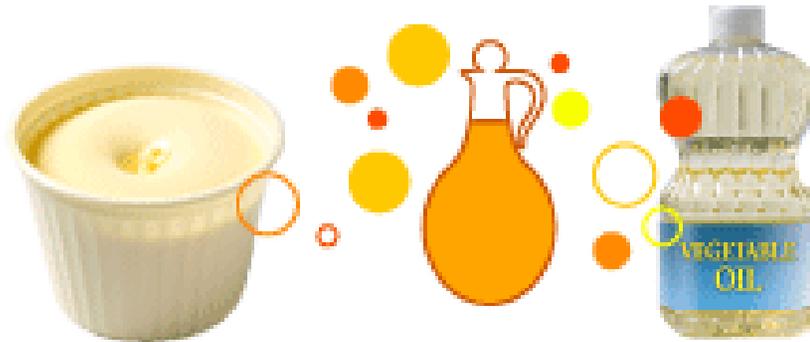
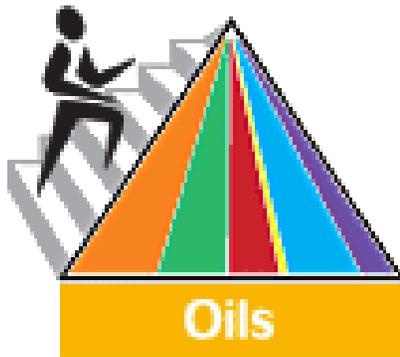
Most of the fats you eat should be polyunsaturated (PUFA) or monounsaturated (MUFA) fats. Oils are the major source of MUFAs and PUFAs in the diet. PUFAs contain some fatty acids that are necessary for health—called “essential fatty acids.”



Oils are in!

Because oils contain essential fatty acids, there is an allowance for oils in MyPyramid.

Recommended intake ranges from 3 teaspoons to 7 teaspoons daily based on age, sex and level of physical activity.



Acceptable oils

- Common oils such as:

- Canola
- Corn
- Cottonseed
- Olive
- Safflower
- Soybean
- Sunflower



- Some oils used mainly as flavorings, such as walnut oil and sesame oil.

- A number of foods naturally high in oils, like:

- Nuts
- Avocados
- Olives
- Some fish

- Foods that are mainly oil, such as mayonnaise, certain salad dressings, and soft margarine (tub or squeeze) with no *trans* fats.

MyPyramid homepage



United States Department of Agriculture

MyPyramid.gov



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Steps to a Healthier You



One size doesn't fit all. MyPyramid Plan can help you choose the foods and amounts that are right for you. For a quick estimate of what and how much you need to eat, enter your age, sex, and activity level in the MyPyramid Plan box.

For a detailed assessment of your food intake and physical activity level, click on MyPyramid Tracker.

Use the advice "Inside MyPyramid" to help you

- Make smart choices from every food group,
- Find your balance between food and physical activity, and

My Pyramid Plan

Age:

Sex:

Physical Activity:

Amount of moderate or vigorous activity (such as brisk walking, jogging, biking, aerobics, or yard work) you do in addition to your normal daily routine, most days.

SUBMIT

Tip of the Week

MyPyramid: Do it for you. Make one small change each day for a healthier you.

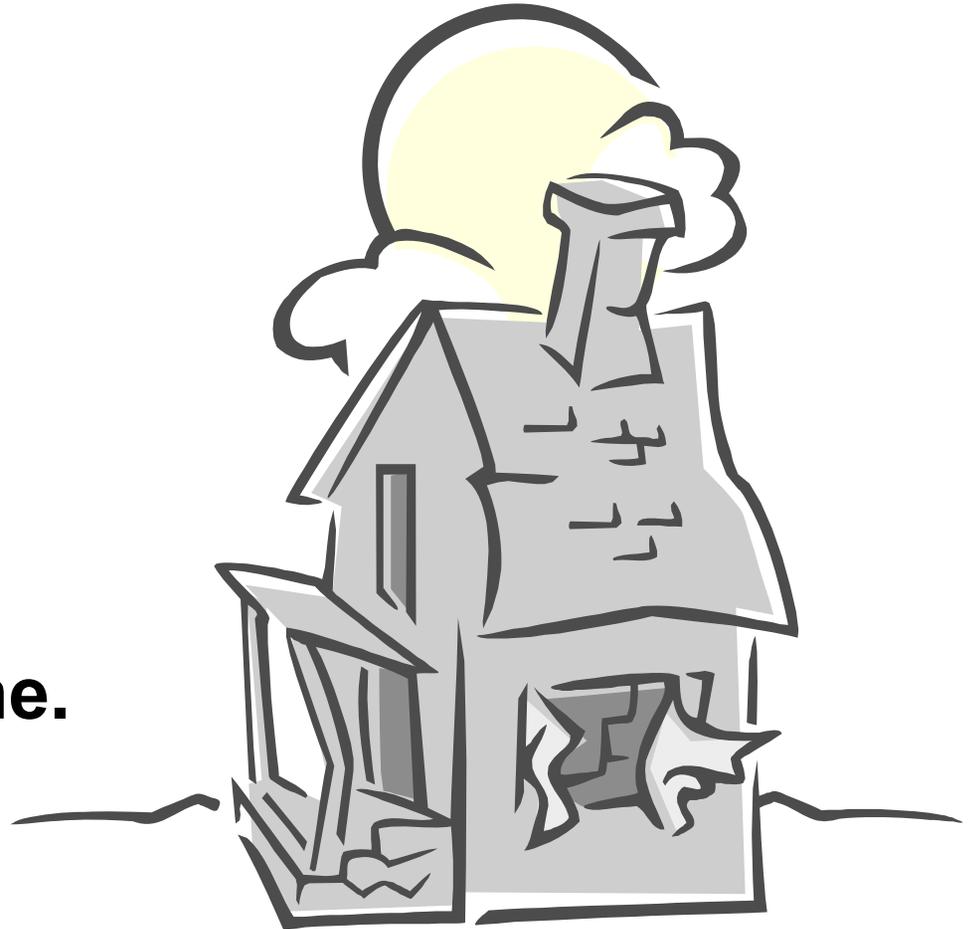
Check here for more information on the food groups & related topics

5 budgeting steps

- 1. Stay within your budget**
- 2. Consider “true cost” of poor nutrition**
- 3. Choose the most value for calorie salary**
- 4. Spend on “extras” after the necessities are purchased**
- 5. Plan a budget for YOU**

\$tep 4. Spend on “extras” after the necessities are purchased

- **MORE FUN** to buy expensive furniture than spend on home maintenance.
- **NOT FUN** if house deteriorates over time.





Definition: Discretionary calories

Depending on the foods you choose, you may be able to spend more calories than the amount required to meet your nutrient needs.

These calories are the “extras” that can be used on luxuries like solid fats, added sugars, and alcohol, or on more food from any food group. **They are your “discretionary calories.”**



MyPyramid “discretionary calories”

Age and sex	Not physically active*		Physically active**	
	Estimated total calorie need	Estimated discretionary calorie allowance	Estimated total calorie need	Estimated discretionary calorie allowance
Children 2-3 years old	1000 calories	165***	1000-1400 calories	165 to 170
Children 4-8 years old	1200-1400 calories	170***	1400-1800 calories	170 to 195
Girls 9-13 years old	1600 calories	130	1600-2200 calories	130 to 290
Boys 9-13 years old	1800 calories	195	1800-2600 calories	195 to 410
Girls 14-18 years old	1800 calories	195	2000-2400 calories	265 to 360
Boys 14-18 years old	2200 calories	290	2400-3200 calories	360 to 650
Females 19-30 years old	2000 calories	265	2000-2400 calories	265 to 360
Males 19-30 years old	2400 calories	360	2600-3000 calories	410 to 510
Females 31-50 years old	1800 calories	195	2000-2200 calories	265 to 290
Males 31-50 years old	2200 calories	290	2400-3000 calories	360 to 510
Females 51+ years old	1600 calories	130	1800-2200 calories	195 to 290
Males 51+ years old	2000 calories	265	2200-2800 calories	290 to 425

Recommended foods vs. “discretionary calories”

- Recommended foods are:
 - Lowest fat form of food
 - No **added** sugar
- Discretionary calories may include:
 - Higher fat forms of food
 - Foods with added sugar
 - Alcohol (in MODERATION)
 - Increased intake of basic food groups
- Most solid fats and all added sugar calories are discretionary calories





Definition: Added sugars



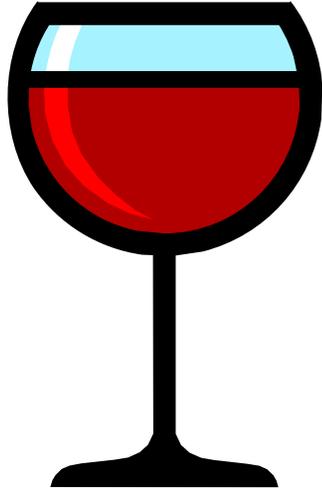
“Added sugars” are sugars and syrups that are added to foods during processing or preparation.

Added sugars do not include naturally occurring sugars such as those which occur in milk and fruits.

Alcoholic beverages



12 ounces



5 ounces



1.5 ounces

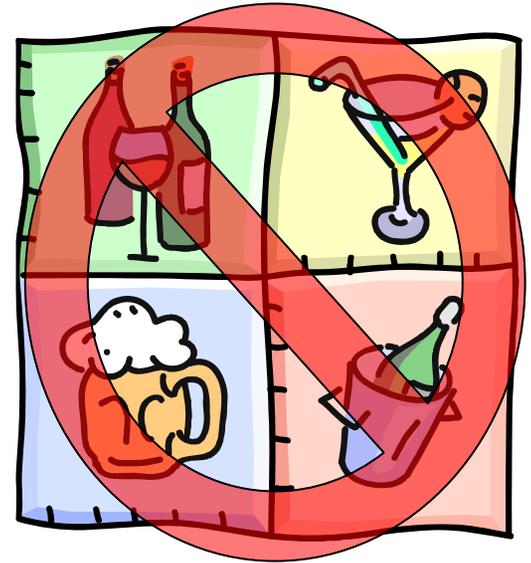
Those who choose to drink alcoholic beverages should do so sensibly and in moderation — defined as the consumption of up to 1 drink per day for women and up to 2 drinks per day for men.

1 drink:

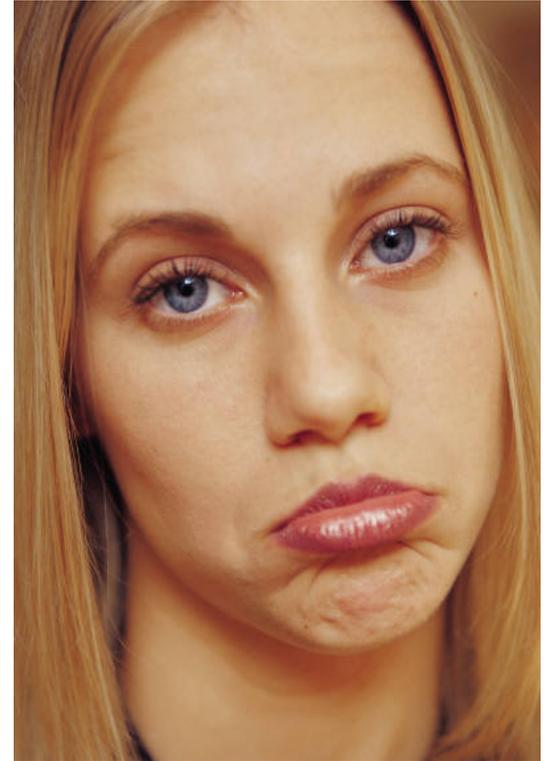
- 12 ounces regular beer
- 5 ounces wine
- 1.5 ounces 80-proof distilled spirits

People who should avoid alcohol

- Those who cannot restrict their alcohol intake.
- Women of childbearing age who may become pregnant.
- Pregnant and lactating women.
- Children and adolescents.
- Those taking medications that can interact with alcohol and people with specific medical conditions.
- Individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.



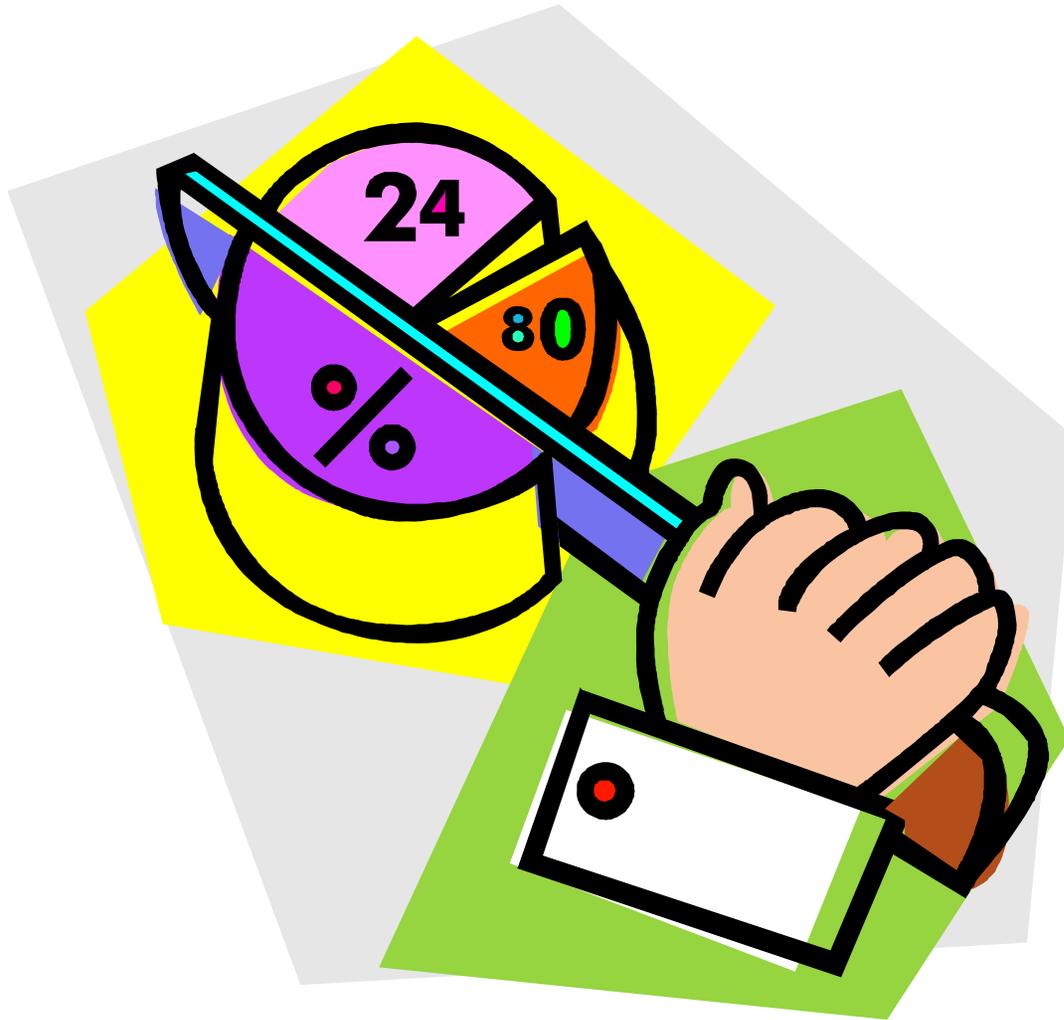
For many people, the discretionary calorie allowance is totally used by the foods they choose in each food group, such as higher fat forms of foods or sweetened products.



5 budgeting steps

- 1. Stay within your budget**
- 2. Consider “true cost” of poor nutrition**
- 3. Choose the most value for calorie salary**
- 4. Spend on “extras” after the necessities are purchased**
- 5. Plan a budget for YOU**

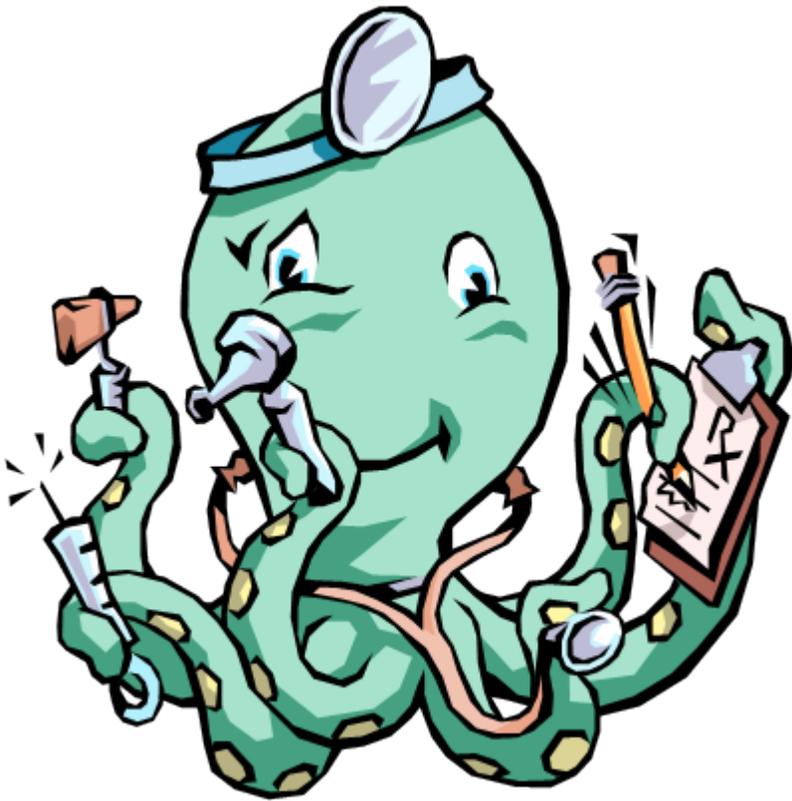
\$ Step 5. Plan a budget for YOU



Fine-tune what you're already eating to meet MyPyramid guidelines



As you “budget,” choose foods that taste good as well as are good for you!



“ What some call health, if purchased by perpetual anxiety about diet, isn't much better than tedious disease.”

~George Dennison Prentice

Situation 1

SITUATION:
You're already eating a low number of calories and are still struggling to lose weight.

FINE-TUNE:
Kick up the level of physical activity.

Walking
up stairs
burns almost
5 times more
calories than
riding an
elevator.





“A man’s health can be judged by which he takes two at a time — pills or stairs.”

~Joan Welsh

Situation 2

SITUATION:
Combined fruit and vegetable intake is several servings below recommendations.

FINE-TUNE:
Eat larger servings, snack on fruits and vegetables.



My Favorite Smoothie

(serves 1)

- 1 cup unsweetened, frozen raspberries
- 3/4 cup orange juice
- 1/2 cup fruit-flavored, low-fat or non-fat yogurt

Blend all ingredients well in blender. Enjoy!

Situation 3



Photo courtesy of <http://www.usarice.com>

SITUATION:

Less than half of grain group servings are whole grain.

FINE-TUNE:

Look for whole grain alternatives to grains you're already eating.

Situation 4

SITUATION:

There is a lack of variety in your vegetables.

FINE-TUNE:

- Add extras to salads, such as:
 - Red or green peppers
 - Tomatoes
- Buy a package of mixed vegetables when shopping for vegetables.



Spend your “calorie salary” wisely

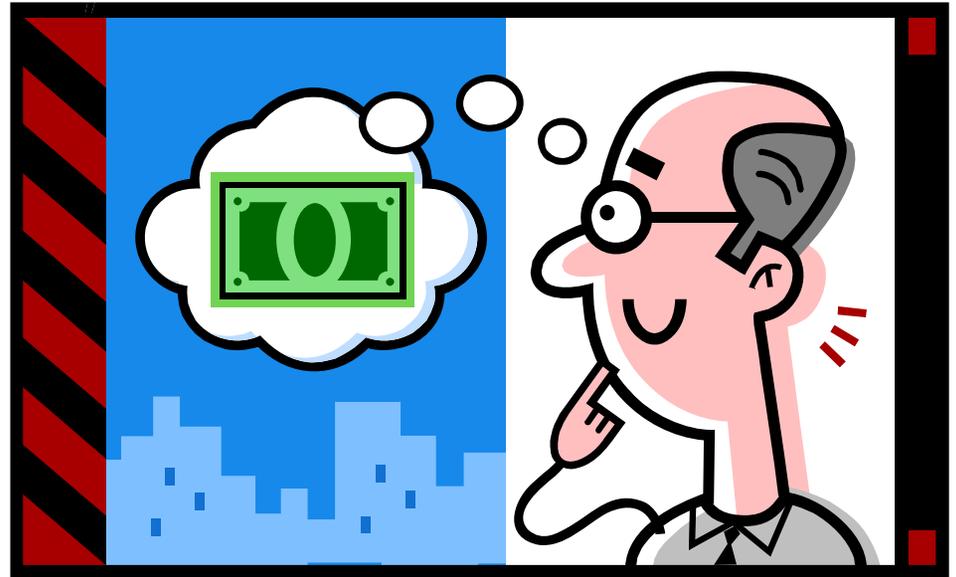


“Eating right is vital to promoting health and reducing the risk for death or disability due to chronic diseases such as heart disease, certain cancers, diabetes, stroke, and osteoporosis.”

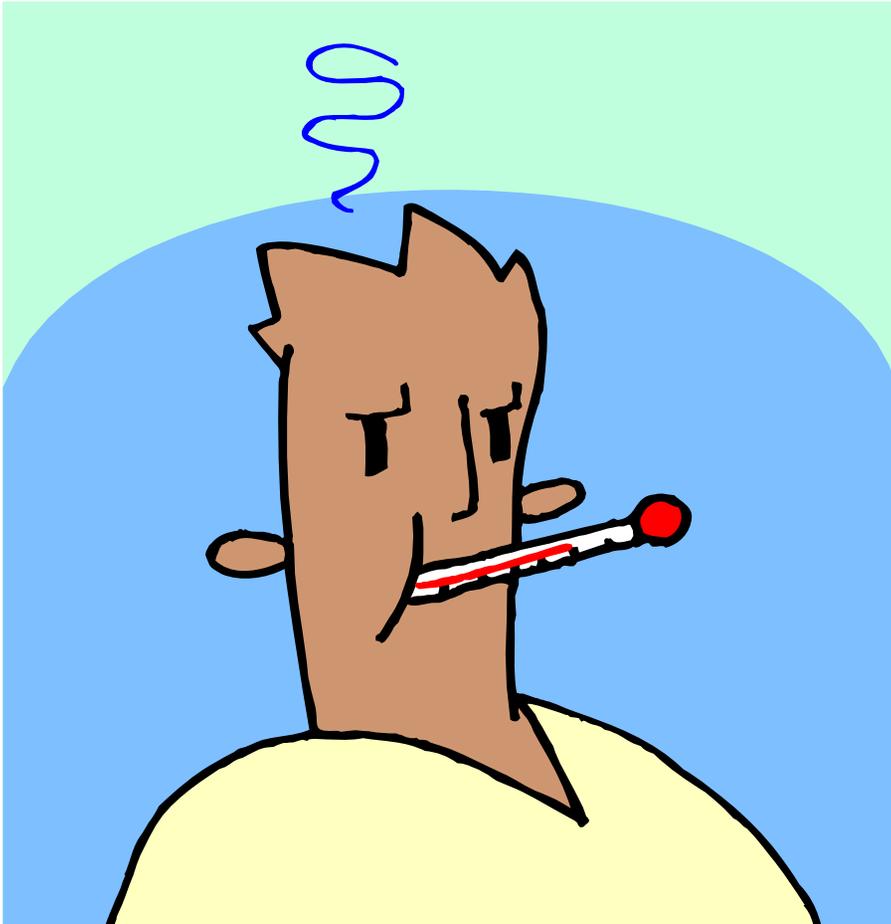
Remember

**“Money is the most
envied, but the
least enjoyed.**

**Health is the most
enjoyed, but the
least envied.”**



~Charles Caleb Colton



**“Our health
always seems
much more
valuable after
we lose it.”**

~Author unknown



**“The first
wealth is
health.”**

~Ralph Waldo Emerson

Finally ...

**“If you don’t
take care of
your body,
where are you
going to live?”**

~Author unknown



For more information



- **MyPyramid.gov**
<http://www.mypyramid.gov>
- **Dietary Guidelines for Americans, 2005**
<http://www.health.gov/dietaryguidelines/dga2005/document>

